

April

2015

Alaska Veterans and Pioneers Home

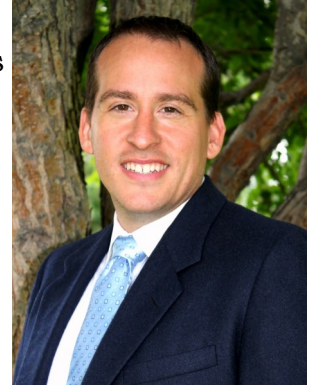
From our Administrator

Inside this issue:

Activities	2
Activities	3
Pets in the Home	4
Artists in the Home	5
Birthdays	6

Happy April friends!

In another month we should be getting close to wrapping up our kitchen project, so the return of salad bars and omelet stations are right around the corner. Not only that, starting at the end of the first week of April the dishwasher will be back and we'll get to eat off real plates with metal silverware! One thing to look forward to this summer is that we currently have no construction projects scheduled for this summer so that will be nice.



Joshua Shaver

Also, with spring in the air we'll start to see green grass and be able to get out more. I look forward to seeing Marie about town, Ed and others starting spring planting, impromptu watermelon parties on Sunny loop and all the fun of warm weather activities.

You can teach an old brain cell new tricks -

The more researchers are learning about brains the better we can put a value on mental exercise. According to WebMD, "a 2007 study that scanned the brains of 23 elderly people, Dr. Paul Laurienti found that those who'd gone through a brain-training program were better able to focus." So what are some of the recommended brain "push-ups"? The two most important things are consistency and making sure it's not too easy (just like physical exercise). Crossword puzzles, number games like Sudoku, card games, reading, and anything that taxes your brain is recommended.

April Activities

April 2 @ 9:30 am
Easter Egg Coloring

April 3 @ 2:00 pm
Photos with the Easter Bunny

April 5 Easter Sunday

April 9 @ 1:30 pm
Covenant Players Performance

April 15 @ 5:00 pm
Festive Meal with entertainment by "Ziggy and Friends"

April 17 @ 2:30 pm
Volunteer Appreciation
Root Beer Floats

April 23 @ 11:00 am
AVPH Staff Appreciation Party



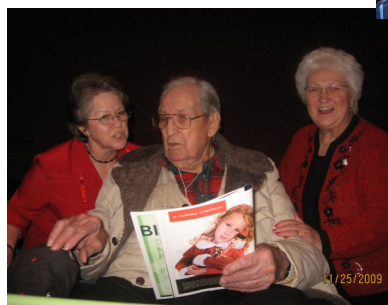
Activities

National Volunteer week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It's celebrated in the US and Canada.

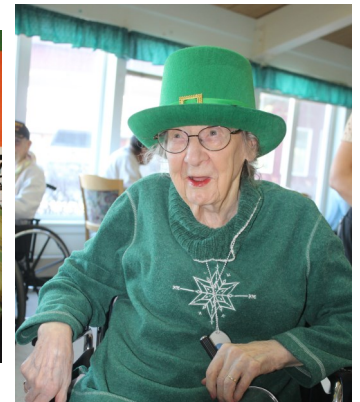
This month we celebrate **National Volunteer Appreciation week April 12-18, 2015**. Volunteers offer their time year round in service to others along with their talents, creativity, spirit, enthusiasm, energy, love and compassion.

Our facility is very blessed with the many dedicated volunteers that provide so much companionship and assistance to our many residents. We invite everyone to join us as we celebrate our dedicated volunteers with a Root Beer float party Friday 04/17/15 @ 2:30pm in the Great room.

Some of our Dedicated Volunteers with our Residents



St Patrick's Day and Festive Meal



Pets In Our Home

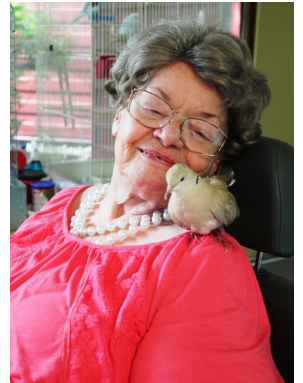
“An Elder-centered community commits to creating a Human Habitat where life revolves around close and continuing contact with plants, animals, and children. It is these relationships that provide the young and old alike with a pathway to a life worth living.” (2nd Eden Alternative Principle. www.edenalt.org)

Not only do we have pets of the home, but staff and visitors often bring their pets in to visit once they have been cleared by our Pet Committee. It is obvious that this interaction between our residents and pets enhances the quality of life here at Alaska Veterans and Pioneer Home.

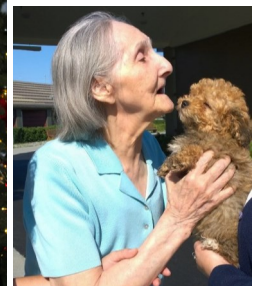
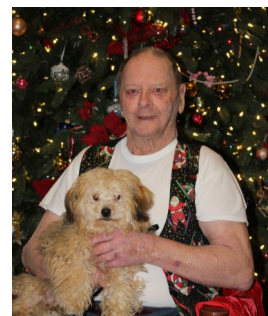
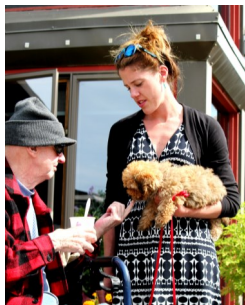
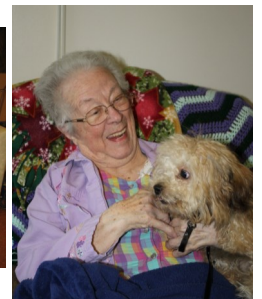
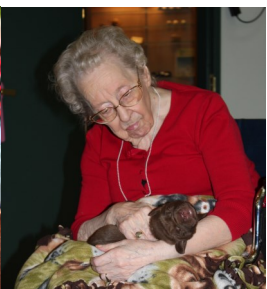
Remembering George

By the Pet Committee

George was a 20 plus year old Wild Ring Neck Dove. Wild Ring Neck Doves normally only live 6-8 years. Pumpkin the cat, that use to live here liked to lie on top of his cage stretched out in the sun and it didn't seem to bother George at all. He lived alone due to his orneriness to other doves but Myrtle (resident) and George had a special relationship. Myrtle would take him around the building with her or to her room and they would keep each other company. She loved and cared for him for as long as Myrtle has been here. He would eat bits of the pecans that came off of Myrtle's ice cream and enjoyed that right up to the end. George had many friends that thought when he cooed it sounded like he was saying something. George will be missed by many.



Residents Enjoying Pets in the Home



Artists In Our Home

We are very blessed to have several residents in our home who are very talented artists. I would like to spotlight a couple of them in this newsletter.



Ron Verke is an artist who creates pictures (mostly of animals) from colored construction paper. He also draws, paints and writes poetry. He enjoys sharing his talent with the students who come to visit.



Another of our talented residents is Jack Straayer. He creates beautiful landscape and wildlife paintings with oil paints.



Happy Birthday



April Birthdays

Residents

4/3 Barney Furman

4/7 Harry Yost

4/8 Dean Hubbard

4/8 Ray DePriest

4/9 Bob Vanderhoff

4/14 Marlyn "Sudy" Sanders

4/16 Helen Coolidge

4/19 Bill Bullington

4/27 Pauline "Patty" Smith

Employees

4/3 Melissa Bentley

4/3 Cindy Yuill

4/4 Vicky Schatz

4/6 Colleen Hintsala

4/6 Cory Rausa

4/10 Rafa Wright

4/18 Chad Randall

4/19 James Green

4/19 Jeff Grey

4/21 Tony Houston

4/26 Elizabeth Jasper